

November 12, 2021

I haven't written anything for this blog in a few weeks. I guess you could say I was taking a little break, though I'm not really sure that I intended to. As I've been mentioning (or I admit ...complaining) quite a lot in my writings this past year, I just felt really exhausted, mentally exhausted with my job situation and everything that's been going on with me at work this year. I won't rehash everything, but to sum it up, I work in an industry that saw an increase in interest as a result of the pandemic situation. Of course I was grateful to be able to keep working this whole time, but yes ...it's been rough at times, it's been hectic and now that we're approaching the end of the year, I confess I'm feeling pretty exhausted mentally. So I don't know but it's just like my mind has been going blank in a sense, these past few weeks and I suppose I just didn't have too much to say. I'm looking forward to the arrival of winter because that's always when things quiet down at my work no matter what, winter always slows it down, so hopefully I'll have some downtime, some time to rest before too long.

I'll touch upon what else has been going on with my own situation (by this I'm referring to the sun going entity attachment situation), but first I just wanted to discuss something... something that I've been starting to take notice of in my research of this phenomenon ...this attachments situation that involves what I now often referred to as ...voices entities.

Before I went on my little break, one of the last blog post that I wrote was regarding a discussion that I had seen on an internet discussion forum. As I often mention, there's a few paranormal themed or spirituality themed discussion forums that I check in on every now and again just to see if anybody is having similar experiences to what I've been experiencing since 2015. Every once in a while I do come across something that grabs my attention. In this previous blog post I mentioned how I saw a discussion on one of these forums where a young woman was describing how she was dealing with essentially what I've been dealing with, her life had been invaded by intruding voices and like me, she just knew that these voices were not coming from her, they were not hallucinations, they were not originating from her mind. I know that this isn't exactly something that many people are going to agree with, but it's something that I've always held to with conviction for myself. It's hard to describe it to one who hasn't heard these voices and dealt with them and their manners and their particular ways, but I have said this many times, you just know you.... just know that these voices are not you ...they're different ...they have their own personality...their own identities.

This one remaining voice that I still hear on a day today basis, the female voice calls herself Crystal, I've always said she's very different from me in many ways, she's a lot more clever than I am. I don't think that I could conceive of some of the stuff that I've heard from her. She's a big storyteller as I've often described, and she's told me various stories and concocted various storylines and has added so much detail and elaboration to them that I just know it's stuff that I

wouldn't come up with. She's very clever no matter what else she is, she's very clever and sometimes I get the impression that she might be quite older ...like she's been around a while. It seems like she's very experienced with her methods and tactics of psychological harassment and manipulation. She's an expert essentially. Just trying to compare it and more down to earth human terms, she seems like somebody who has had a lot of experience with this, who has learned many of these methods over the span of quite a long period of time. At least this is the impression that I get from her. This is a topic unto itself, and I know that I've discussed it many times in previous writings, but again I just want to reiterate that I've always just been hit with this realization that this voice... Crystal...is not me. Crystal has her own personality, her own manner about her, and it's completely different from me. Again I know it's not easy to describe, and I know that many people are going to disagree with me on this, but I'm sticking to my conviction here...you just know. After living on this Earth for all these years, I think I know myself pretty good by now, and I just know that this voice is not me... it's not coming from me... this voice is an external intelligent presence. However, the mystery doesn't end there, in fact it just begins there.

Getting back to what I was saying regarding this previous blog post that I had written about the discussion I saw recently on that forum, what this individual described as far as hearing the intrusive voices and how they behaved, mirrored my own situation quite a lot. This is one of those instances where somebody's experiences really caught my attention on one of these forums. But also what grabbed my attention about this particular discussion was in what the individual discussed as far as the origin of these voices, or the events that brought about the voices into her life. She said that she had been doing some very deep meditation and that at some point she started to hear voices while she was meditating, and that she was communicating with them for a time. Initially she thought that these voices were benevolent in nature. In fact, she stated that she thought that perhaps they were spirit guides. So she continued to communicate with them for a while through this means of deep meditation. However, it reached a point where she started hearing these voices beyond the meditation sessions and at this point the voices had changed in nature dramatically. Now they were no longer friendly and benevolent in nature, they were now abusive and intrusive to an extreme degree. All of this aligns with my own experience with the exception of one thing. In my case, I started hearing these voices (including Crystal's voice) on recordings that I was making during the winter of 2015. This is commonly known as doing EVP sessions. I was doing EVP sessions for a time, communicating with the voices by that means, and this young woman was engaged in deep meditation as a means of communicating with the voices. This definitely grabbed my attention, because it's not something that I've seen a lot of cases of, not in the sense that meditation brought about a situation that mirrored my own to such a degree. I have seen a lot of mention online about people stating that they sometimes hear or have heard voices when they were meditating, but this is only the second account (I believe) that I've seen where it actually reached a point where the voices continued beyond the meditation sessions. Though I admit, I haven't really been looking into this too much in my research.

Since I've been investigating this phenomenon and looking for other cases out there, I admit that I've been primarily focusing on other cases involving EVP recording like my own, or doing

spirit commutation through such things as using a Spirit Box, or using a Ouija Board, or doing Automatic Writing. I've seen many cases involving these things. I admit that I haven't really looked into possible cases involving meditation channeling. There might be a lot of cases... a lot of strange and mysterious stories out there and I just haven't been looking for them, I missed them so far.

Just last week, while I was again browsing around on the internet, checking out one of these spiritual/paranormal themed forums, I saw another discussion that grabbed my attention. This was a discussion started by another young woman and she described how she experienced a very strange and unsettling incident while she to was involved in deep meditation. She was engaged one evening in this meditation and she began to hear voices very clearly, and she also described how a startling image appeared in her mind, a very vivid image that seemed as if it were inserted into her mind. While she didn't describe the experience as being overtly malevolent or hostile in nature, she said it wasn't exactly clearly a benevolent experience either and in truth, she was a bit unsure about what she had experienced, which is why she went to this discussion group looking for answers. So in this instance, the situation hadn't reached the point where this individual was using meditation as a means of channeling, but it seems like a kind of channeling incident did indeed occur, at least on this one occasion.

So here were two separate cases of people having these surprising...and in the one case... very distressing and traumatic experience with these intrusive voices after being engaged in deep meditation. As I stated in my last blog post about this topic, I realize that meditation in and of itself is not a bad thing. I realized it has many benefits and I certainly don't claim to be any kind of authority on it. The fact is that I've only tried meditation a small number of times in my life. However, it's starting to appear to me that at least in some instances, it can be used for something different ...something more along the lines of channeling.

In my own case, I know that some people might not think of channeling when they think of doing EVP sessions, but I've always stated that in my own situation, it quickly reached a point where I was outright channeling. I was directly communicating with entities of unknown origin and I was intentionally trying to do this. Perhaps when I first started out, I didn't have these intentions. I probably didn't think I would hear anything at all, but if I did... I probably thought I might just capture a disembodied voice saying a quick word or two... or something along those lines. I know for a fact that I wasn't envisioning the degree of communication that I would be experiencing just a short time after I first began recording. After I started recording, I didn't hear anything really for the first couple of weeks, but then one afternoon in mid-January 2015, I did a session and I captured something. I captured voices on this recording that were giving me intelligent answers to the questions that I asked. I was alone in my home at the time that I did this recording session, there was no one else with me. The idea that it may have been some kind of stray radio signal or something like that doesn't hold water either, because these voices were saying things that were intelligent responses to the questions that I asked. Within a short time of this particular session, the situation changed dramatically. Within about a week.. or week and a half of that first session where I actually captured something, it was as if my recordings now were very different, it was as if they had somehow come alive with voices. It was as if I was

hearing into another world. As things became more intense, my curiosity...and my fascination with what I was experiencing continued to grow and I committed more and more time to doing EVP sessions and going back over the recordings, listening very intensely ....listening for any reply that I could hear. I would do a session and ask these entities questions and then go back and listen to the replies. It became that easy to do. When I was doing this, I was no longer just seeing if I would hear anything, I was no longer just seeing if I would capture something on recording. At this point, it is my belief that what I was doing was outright channeling.

As I said, I confess that I haven't really been focusing my research too much on this meditation aspect, but it's becoming ever more clear to me that meditation can be used as a means of channeling and I would say that one particular, dangerous thing about this is that you may also not set out to get involved with any kind of channeling, but events may lead you there. A person might just decide that they want to start meditating, that this is something that they feel will be of benefit in their life. They might start meditating and continue with this and then they find that they're hearing voices while they're meditating. They may not feel threatened or threatened by these voices initially, because often at first they don't seem hostile. They weren't in my own situation and they weren't in many cases that I've seen. This can really grab hold of a person's curiosity and without really stopping to think about what they're doing exactly, they just might keep going with this, keep using meditation as a means to hear these voices , and in fact possibly to communicate with them. I would say that with meditation, it might be easier to fall into this unaware than by using a Ouija Board or doing Automatic Writing. Those things are more widely associated with attempting to communicate with spirits, or beings in other realms. Meditation is generally not associated with this for the most part, but beings from other realms could start communicating on some occasions and a person could find themselves caught up in something potentially dangerous. They may not realize when they cross that line, when they cross that line between simply meditating and channeling entities. I know that line can be crossed very easily, I crossed it myself. I admit that when I crossed that line, I wasn't even thinking about it, I was just so curious and so fascinated by what I was experiencing. I wasn't even thinking at the time that now I was involved in something different, that in a real sense, I had escalated things. I didn't know about this particular danger back in 2015, the danger of starting to hear voices. I certainly found out about it the hard way.

I'm also not saying that if somebody is meditating and they start hearing voices that it's necessarily always these same kind of entities that attach to people's lives and harass them with voices. Maybe there's another explanation in some cases. Yet, maybe it is spirits or entities at times, even if an individual did not seek out other worldly experiences when they were meditating . I did find a few cases of individuals that were communicating with entities through meditation and it led to an attachment situation where they started hearing intrusive voices beyond the meditation sessions. So for myself, I'm starting to see that "meditation channeling" carries with it the same danger... the same danger that I've seen in many cases involving EVP are using a Ouija Board or Automatic Writing...or things along those lines. I would just caution people to be aware, if you have an incident where you're meditating and you start hearing voices....then you should really stop and give some serious consideration on your next move. Yes the voices might not be entities that are trying to break into your perceptions and attach to

your life, but it might be. As I said, these attaching entities can often seem so benevolent... so friendly in the beginning. They can see right through you ...they know all about you...and they can tell you the things that you want to hear in an effort to make you believe them. They are masters of deception and manipulation, and they may be very old and have years or even centuries of experience with this . It's a risk, so yes ...one should definitely consider their next move very carefully... whether they want to communicate with these voices, or if it's clear that this is leading somewhere where they didn't want to go.

Knowing what the situation with these voices is like, knowing how these voices behave, how intrusive they can be, how sadistic they can be, I would say it's best to be cautious. When it comes to disembodied voices, how can you ever really know who you're hearing or who you're communicating with?

- B. Edwards